



I am pleased to confirm that I will be re-opening my personal training studio from Saturday 25th July.

Due to Coronavirus, there are additional measures that I have had to introduce to protect the safety of myself and my customers.

I do have to record the contact details of everyone that visits my premises and keep it for 21 days, please can I ask that you provide the requested details, to conform with the Track and Trace, although I already have your details, I want to ensure that they are up to date.

Before you leave home

- If you are feeling unwell or have been in contact with someone that has shown symptoms of Coronavirus, or have been advised to self-isolate, please do not visit my studio

When you arrive

- Please do not enter my premises until I have confirmed that it is ok to do so, by waiting outside the entrance a distance of 2 metres away, to allow for previous clients to leave.
- I will be taking the temperature of everyone prior to entering, by using an infrared temperature gun
- Please use the hand sanitiser on arrival that is located on the wall at the entrance
- Please remove your footwear and any outerwear and leave by the door, please bring as little in with you as possible
- There will not be any changing facilities available, so please do arrive in your training clothing
- Please do not touch anything unnecessarily

During Training

- I will remain a minimum of 2 metres apart from all clients
- To allow for air flow, the main entrance door and the back door will always remain open
- No access will be given to the office

- If you do require the toilet facilities, please ensure that you wash your hands, using the soap provided for 20 seconds, I have also installed a paper towel dispenser

After Training

- After every client has visited the studio, I will be cleaning down all equipment that has been used
- I will also clean any surfaces that have been touched
- At the end of the day I will sweep and disinfect the floor